

Title: Conversations

Subtitle: Bringing Down the Inner Walls

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Begin with bringing down the inner walls that close one off from self and allow one to judge and condemn self and other selves and is the day-to-day often buried deep within, so even the carrier of such emotion is unaware of experiencing. A deep longing of unfilled needs persists.

Blocking this grief and sadness prevents it from falling away naturally. Leads one from being fully here NOW. Bitterness and frustration become old places placed throughout a lifetime. Yet, this can change. The head and heart cease attaining a conscious state seems unreachable to most. It is a futile chase. Acceptance of letting go of the inner walls.

It is very unsettling to come face to face with the shadow side of repressed. The night of the soul and the only way is to go through it. Many will try to stay medicated, smile and push it deeper. The way out is to embrace it with love, done alone. Rather a higher spiritual belief is necessary, as well as, support, preferably those who have walked this same path and made it through again.

I believe with courage, faith, and tenacity it can be done again and again. It means embracing a lengthy stretch of intensely private suffering, if mind and body. Generally the first few treks down this path, this is the experience many have. Change and is still in power. With practice each journey becomes lighter. It is control over the thoughts, the will and the soul and the new heart/mind. Acceptance and non-resistance, making the change easier with each new journey.

Like a well-traveled hiker each journey down this path beholds its own world. Only the one wearing the hiking boots truly realizes, for they behold the journey. The choice of how one perceives the process is a personal one...remember the journey. Hand in hand the journey will take upon it a greater lightness. It is an inventory of self, one made in fearlessness. Do not turn back when those shadows head in depression, loneliness, disorientation, fear, and inadequacies. Rather, be focused and attentive and keep moving forward. Honestly be there for service to you, do not reject them out of shame and guilt.

Only through such honest authenticity can true spiritual awareness awaken. Through to the other side of the journey. It is a journey one makes many times. It is a step made not once, but over and over as each nuance is awakened, action taken to alleviate the negative effects it has had on one's life to this day.